Wartburg Trumpet

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Online summer courses see increase

Enrollment numbers show more students are enjoying the convenience of online summer classes

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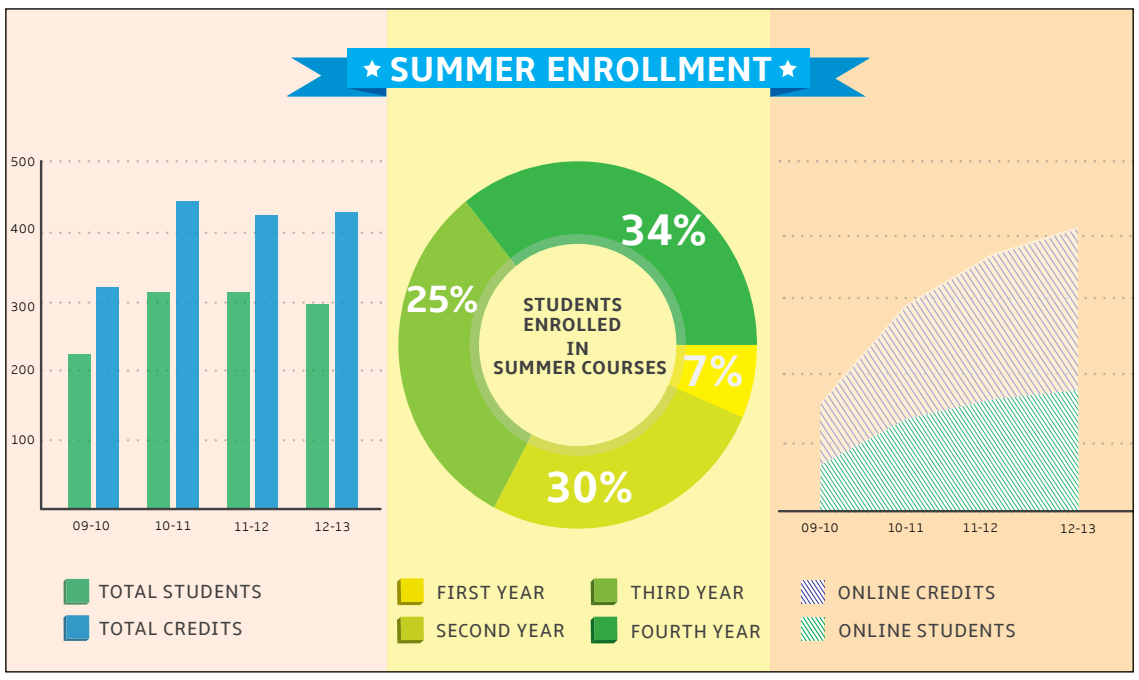
This year's summer course enrollment numbers are among the highest Wartburg College has experienced in recent years, as online course enrollment continues to grow significantly.

Summer school enrollment has grown steadily since the 2001-2002 academic year, in which 277 course credits were offered at that time. This summer a total of 290 students enrolled in 421 course credits. These numbers are relatively consistent with enrollment for the last four years.

Summer enrollment for online classes has seen a substantial yearly increase since Wartburg first introduced online courses in the 2009-2010 academic year. These students account for a majority of the overall summer enrollment.

"I believe online classes are the single, prominent reason we've seen so much growth in summer course enrollment," Dr. Edith Waldstein, vice president of enrollment management said.

Out of the total 290 students, 200 of those students were enrolled in online courses. Additionally, online courses accounted for nearly two-thirds of the credits earned during the 2012-2013 summer term, which included 264 out of the 421 course credits.



— **Sibusiso Kunene**/*TRUMPET*

Summer classes appeal to students for a variety of reasons. A large amount of students enroll in summer school to help them work ahead in order to graduate in less than four years Waldstein said. Some students may wish to take classes while living on campus through the summer, and some students may need to catch up on credits because they have switched majors.

Megan Weichers, a third-year business major, took two summer courses this year. She said she benefited from taking summer courses because it gave her more scheduling opportunities and flexibility during the academic year.

"Summer classes have helped clear up my schedule enough that I could graduate early or add another concentration to my business major," Weichers said.

Emily Hogan, a fourth-year applied music student, enrolled in summer courses for three summers and said she is graduating a semester early. With online courses, Hogan enjoyed not having to physically go to a classroom.

"I liked that I could worked on my class entirely on my own schedule," Hogan said. "I didn't have to find time everyday to work on a class, so I could still keep a full time job—two actually."

The number of classes offered during the summer continues to grow as well. This summer, 27 courses excluding field experiences and internships were available to students.

"We want to keep adding classes that students need or want to take. We will always try to offer what our students need," Waldstein said.

The enrollment management office works in collaboration with the academic affairs office.

Enrollment management watches enrollment trends in certain classes, anticipates graduation requirements by upperclassmen and takes into consideration the numbers of incoming students in order to provide feedback for academic affairs.

Curriculum is then decided through the academic affairs office, where they work with professors to establish which courses to offer during the summer terms.

"I would like to see summer school enrollment continue to grow. Our goal is to help students get enrolled and stay enrolled through graduation, and summer school helps us do that," Waldstein said.

Student loan forgiveness

As tuition rises, students consider the impact of debt

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Student loans are one of the many big concerns that college students have to deal with nowadays.

A recent USA Today article, "Student loan forgiveness: What you don't know (but should)," discusses four ways in which student loans can be forgiven and cut.

"A lot of students qualify to receive some forgiveness for loans. Letting the students know about them is important," Director of Financial Aid Jen Sassman said.

Sassman said it is unfortunate that costs are so high for students to attend college, and that knowledge of how to deal with debt is important.

The first way in which some education majors can reduce their student loans is if they opt to become a public school teacher in a low-income area.

Fourth-year education major Justin Cartwright said that could be an option for him in his future after college.

"I haven't really made up my mind about what I want to do or where I want to do it, but teaching in a poorer area school is something I could see myself doing," Cartwright said.

While working in a low-income school could help a former student with student loans, Sassman said it is dishonest for someone to try and relieve themselves from debt just by taking a low-income teaching position.

"These ways to cut down on student loans should be more of an incentive to help out and not to just try to get out of debt," Sassman said.

According to the article, if a person joined the military, applied for the income-based repayment plan, got a public service, government or non-profit job, there is a chance the student loans can be forgiven.

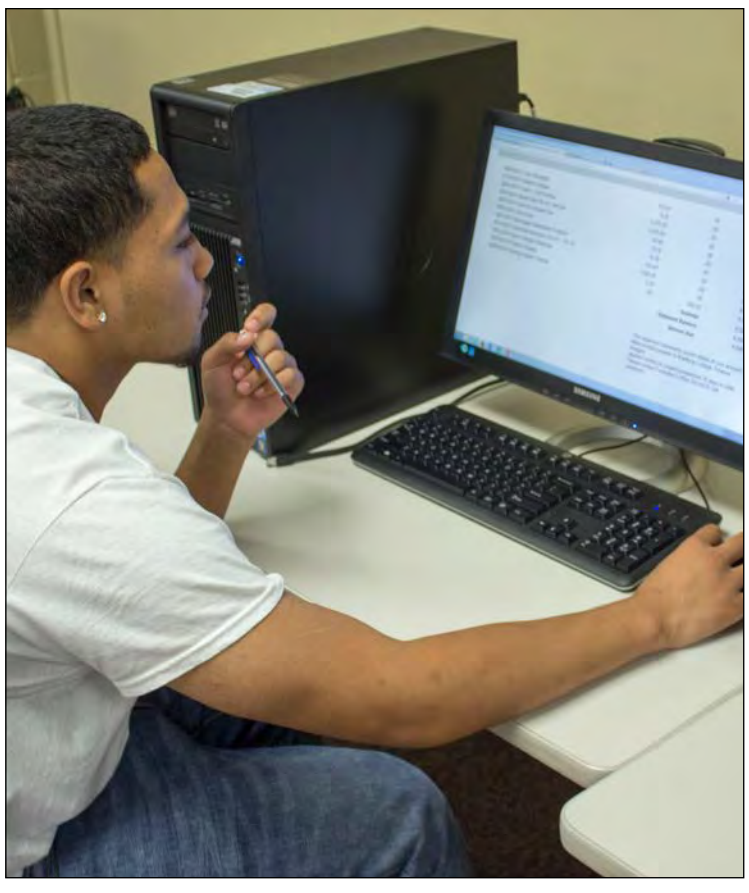
Cartwright said it would be convenient to have some of his student loans forgiven.

"College is expensive, and I will take any help I can get to pay my loans off. It is nice to have options like these just in case," Cartwright said.

Sassman said students need to be aware of what they are borrowing and how they plan to pay it back.

She said seniors are required to come back and discuss different options on how to pay off student debt.

"These are not as much tactics to get out of debt, but tips to help not to be tied down by the loans," Sassman said.



First-year Tevita Mafi takes a closer look at his college tuition receipt and loans. — **TaMone Williams**/*TRUMPET*

Cartwright said the loans will not be easy to pay off, but with careful planning and knowledge of how to deal with debt, he said he can do it.

"It's something that is always on your mind as a senior, and I want to make sure I have a plan after college to get my payments underway," said Cartwright.

Social smoking

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One Waverly business owner has received a tobacco license allowing him to open the first hookah bar in Waverly's history.

Last Monday night, the city council approved Monte Snyder, owner of Wolf Creek Tattoos. Snyder has decided to open Morel's Hookah Lounge this fall, hoping to have it completed before homecoming. The shop will be located next door to the tattoo parlor and Snyder said although it is the first one to come to Waverly, he anticipates it will be a hit.

"It's the rage. A lot of people are doing it now and a lot of college towns have them," said Snyder, "I want everybody to get the experience. A lot of people have never had hookah and don't know what it taste like."

Since the shop is the first of its kind, there has been some concern from the community Mayor Bob Brunkhorst said. However, he said as long as the lounge abides by the

▸ **Hookah lounge — p.2**

Alumnus returns to direct choirs

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Matthew Armstrong and his wife Sally first met while studying music at Wartburg. Armstrong directs several choirs while his wife accompanies them.— **Dan Haack/TRUMPET**

Matthew Armstrong arrived at Wartburg College with his wife, Sally Armstrong, to teach the fine arts.

Matthew Armstrong and his wife, Sally, are the new directors for the Castle Singers and the St. Elizabeth Chorale, women's choir.

He teaches many of the music education courses and also observes student teachers. Matthew Armstrong conducts the groups and Sally Armstrong accompanies them on the piano while also providing an extra pair of ears to help.

"Music is the one thing that we all share and have in common. It's been great to finally make music together and get going," Matthew Armstrong said.

The couple used to be students at Wartburg College where they pursued their musical interests. Sally Armstrong graduated from the college in the year 1999 and her husband earned his degree in 1998.

They are still in the process of adjusting to the college life, but they are comfortable being at their alma mater, Matthew Armstrong said.

"It really feels like coming home," Sally Armstrong said. "We still know a lot of the faculty from when we were students here. So it's nice to already know quite a few of the people we get to work with."

As a conductor for the St. Elizabeth Chorale, Matthew Armstrong will be preparing for the annual Christmas with Wartburg performance. He said he is looking forward to spending time with students and working on the program for this year.

"We enjoyed it when we were students," he said. "The plan for the production this year is really, really exciting. Making music with dedicated people really excites me."

Previously, the pair spent their time directing choirs at a high school level. They agree the maturity and learning speed at the college level is much faster. They both said the sound of a college vocal group is better when compared to a high school.

In rehearsals, Matthew and Sally Armstrong use their individual strengths to work with students. Matthew Armstrong will sometimes take the men to help them while Sally Armstrong takes the women to learn the music, she said.

The choir couple also helps balance each other's weaknesses. Since Matthew Armstrong is not adept at the piano, his wife plays the piano for him to make rehearsing easier for the whole group. The two have a unique dynamic while at rehearsal, Matthew Armstrong said.

"We have this eye-contact thing going because we've been in the choral rehearsal setting together for so long. We kind of look at each other and know what the other is thinking," Matthew Armstrong said.

Both Matthew and Sally Armstrong are looking forward to spending the year getting to know the students on the Wartburg campus.

Hookah bar to open in Waverly

◂ **continued from p. 1**

law, he does not see it being a problem.

"One thing that Waverly wants to strive for is a safe community. So if it's used for tobacco then it's not an issue. But if some of these things were used illegal substances, then it becomes an issue," Brunkhorst said.

Snyder said he envisions his primary audience being young people. He will not allow alcohol or any other smoking to take place in the lounge and said he thinks many in this age group use hookah with or without the lounge, so he wants to provide a safe environment.

The plan for the lounge is to provide a laid back feeling. Snyder said he would like to feature live music and the bar will be decorated with artwork from local artists.

He said he feels the town doesn't have a good outlet for their abilities and that he would like to feature poetry slams, acoustic shows, jazz bands and the like.

At Wartburg, there are mixed feelings towards the new business. Some students said they will enjoy having the lounge in town, but one student wasn't sure about the impact it may have.

"I am not all that familiar with hookah, but what I see in movies and the impressions I get are that it's not very good for you and it will lead to other things. So, I guess I'm not really for it," said Emily Andresen.

Others don't feel that hookah has any serious health repercussions.

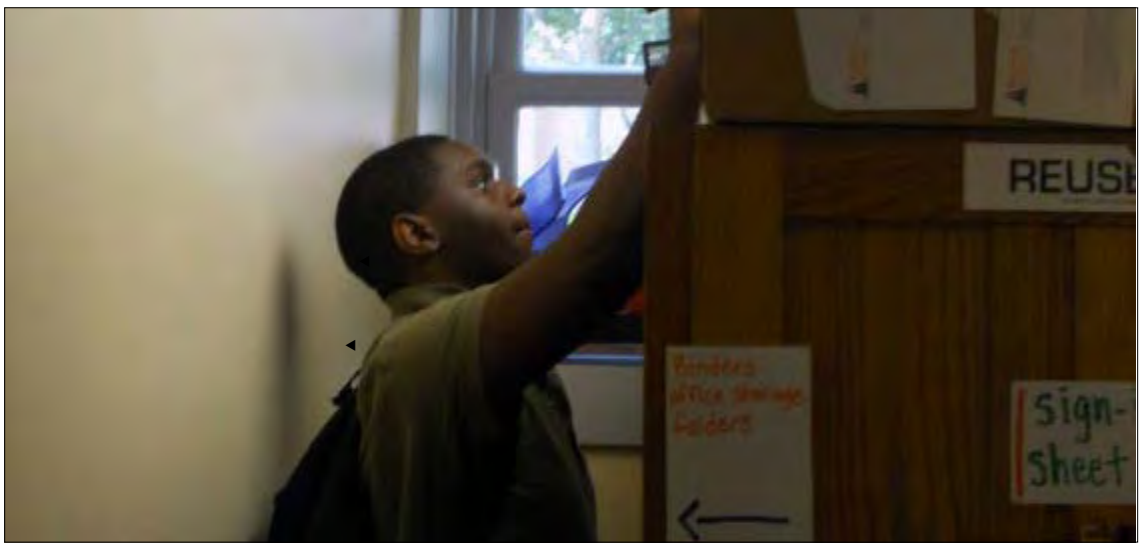
"I think it will be fine," said Arthur. "I'm sure people have their different opinions about it but it really doesn't do anything to your body so I don't see much of a problem with it."

Whether they will be trying it for their first time, have smoked a hookah before or are looking for a place to relax, Snyder said he looks forward to providing a hang out spot for the student body.

"I hope they all give it a try and come just enjoy the amenities," Snyder said. " Just relax and chill out and do some homework. Get out of your dorm rooms and the library and have something different to enjoy."

What is hookah?

- A typical modern hookah comprises a head (with holes in the bottom), a metal body, a water bowl and a flexible hose with a mouthpiece.
- Smoking a hookah requires a piece of lit charcoal to be placed on top of the tobacco, usually with a perforated piece of aluminum foil sandwiched between the two.
- Contains tobacco generally mixed with syrups, dried fruits or different flavorings.



Students like Tino Kaseke have visited the store for school supplies more this year than in previous years. However, the store does not always have the item a student may be looking for, but inventory changes daily. — **Hannah Burlingame/TRUMPET**

Reused Store goes green

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More people have visited Wartburg Sustainability's Reused Store this year than previous years combined.

Anne Duncan, environmental sustainability coordinator, believes part of the reason for the increase is due to more advertisement and education.

This year, the sustainability office reached out to first years and O-staff during Orange EXCELeration week.

"No one wants to pay for school supplies at all, so free stuff is just a bonus and it's just a way to keep things out of landfills," Sarah Kielly, a student employee of the Sustainability office, said.

Since school has started Kielly said she sees between 25 and 50 people go into the store while she is working.

In the past two weeks roughly 150 people, whether it be student or faculty, have taken something from the store, Duncan said. Around 25 percent of first years have stopped by the office, Duncan said.

The Reused Store was first started three years ago. A student came to Duncan after seeing another college had created a store similar to the one now at Wartburg. This occurred around the same time as the library was being remodeled so the store was able to get some of those supplies, Duncan said.

At first it was mostly faculty and staff coming in to get items for their office.

Even though there has been an increase in the number of students who stop by the store, there are still faculty that get office supplies from there. Some faculty have stopped in and said they would tell their students about the store.

Items in the store range from crayons to binders to drawer organizers and whatever else students and faculty drop off. Students and faculty can just drop items off in the Sustainability office. Reused Store is looking for more supplies this year than ever before due to the increased number of shoppers. There was once an abundance of binders in the store. However, these seem to be among the more popular items in the store, Kielly said.

"We've had two full shelves of binders for the last year and a half and they were just moving real slow," Duncan said. "Now we are out of binders and I am shocked. I never thought we would be out of binders."

Due to the high number of shoppers in the past two weeks the store is in need of supplies. If any faculty or staff are cleaning out offices they are encouraged to bring their items to the store.

The Reused Store is open year round as long as the Sustainability office is open.

While there may not always be someone at the desk, students can help themselves Duncan said.

From TV screen to classroom

Pop culture television makes appearance in an unexpected place

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Time travel, encounters with futuristic society and epic battles with vampires all sound like plot lines of popular television shows, not the topic of classroom discussion. But recently, the boundaries between pop culture and pop quizzes are being bridged by colleges across the country.

The trend is not new to Wartburg College. Professor David Brennan is currently instructing an IS 201 class focused on the and long-standing British television show "Doctor Who."

Brennan says the class is not the first to combine pop culture with an in-depth critical analysis. Wartburg has previously offered classes centered around two television cult classics, "Firefly" and "Buffy the Vampire Slayer."

"The idea was that the professors get to choose special topics that they think students might be interested in. I know that 'Doctor Who' has become such a big global event that it's all over the country and students even more so than even my generation, are starting to pick up on the series," Brennan said.

"I thought it would be something really interesting to get in-depth with it in terms of an academic style."

Brennan stresses the classes, though concentrated on topics of seemingly academic standing, are intended to push students to look past witty banter and choreographed action.

"We get students to have an interest in the class, but also that if we do it correctly, it teaches them to analyze things in a different light and compare it to how they see things in society," Brennan stressed.

For second-year Jessica Donahue, the "Doctor Who" class has allowed her to take a look into the past.

"I enjoy experiencing a different culture just because it's a British TV show," she said.

"The episode we just watched is from 1964, but it's also a reflection on the British culture and what they're experiencing, which is just interesting in itself."

"Firefly," "Buffy the Vampire Slayer" and "Doctor Who" have all been the subject of Wartburg classes in past years. — **Graphic by Sibusiso Kunene**

Because of the diversity component stressed in the class, Brennan believes students will observe the class with even more introspection.

"I'm hoping that they'll use the episodes that I'm showing and reference a comparison to our own society and how we treat those that might be underprivileged or minority classes," Brennan said. "They'll see some of the ways that these stories are captured in the episodes and then apply that to their knowledge of society and decide we could be changing things this way or we could be doing things differently."

Donahue is appreciative of the efforts professors are making to attract students and make ties to a culture students are more familiar with.

"It's really cool that they're actually getting involved in the culture we're used to today," said Donahue.

"I like that Wartburg is able to adapt and change with the coming culture and they're exploring how current stuff like 'Buffy' and 'Firefly' has an effect on us today."

Brian Vachta (left) and Adamu Muhammad (right) make a stop at Effigy Mounds. — **Submitted photo**

Alumnus tours Iowa

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Adamu Muhammad left Nigeria to study chemistry and leadership at Wartburg. But five years and a thousand miles later, the '12 Wartburg alumnus decided to take his travels even farther by traveling to all 99 Iowa counties.

As a college graduate and a former international student, Muhammad said he began to miss the Wartburg atmosphere he once called home.

"You realize that you've kind of been spoiled by Wartburg," Muhammad said.

"International students get a lot of attention. And once you live in this environment, you miss it."

Before visiting a county, Muhammad researches and finds a unique site to visit. He said attractions like churches, museums and the Iowa culture capture his interest.

He has visited several locations including Buddy Holly's memorial, Herbert Hoover's birthplace and the state capitol.

Through his photographs, Muhammad records his adventures and posts them online to his official Facebook page.

He has visited over 50 counties so far and hopes to finish by early December.

"I like something historical. I like to see what things stand for what. So I'm doing what I like as well as keeping myself busy, " Muhammad said,

To support himself, he currently works at an ethanol plant in Hartley, IA. With the time he receives off every two weeks, he takes the opportunity to visit a new county.

He may not be an Iowa native but Muhammad wants other students like him to not feel limited by their international status.

He brings his culture with him everywhere he goes even when his home country may be out of reach.

"It is cool that you can actually to live in two different cultures," Muhammad said.

"I have lived most of my life back home but in four years I have changed a lot. People may not realize it. But sooner or later they will.

To join Muhammad on the rest of his travels across Iowa, you can visit his Facebook page "Coldhead."

America's Music

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The America's Music series, a six-week program that explores uniquely American music genres through film and discussion, started in Wartburg's McCaskey Lyceum on Thursday night.

Jill Westen, an Information Literacy Librarian at Wartburg College's Vogel Library, is the project director of the program.

"This is a time in your life where you can explore and be exposed to so many different things," Westen said. "You'll get a really neat sense of the scope of everything America has produced."

Wartburg students are encouraged to attend, although the door is also open for members of the greater Waverly community to participate.

"Something that students might feel, being in this area of the country, is that they don't have immediate access to a lot of higher culture things," said Westen. "This is a way to bring it here to everybody."

The first session focused on the musical genres of blues and gospel. Dr. Paula Survilla, a professor of music at Wartburg College, introduced the genres prior to the documentary screening and led a discussion after the film clips.

"Listening and talking about music in a community environment is one of the most interesting things people can do," said Survilla. "It's less a teaching moment than an exploration moment."

Sessions are held every Thursday night through October 17, from 6:30-8:30 p.m., in either in the Lyceum or the Waverly Public Library, depending on the week. Other genres that will be presented include Broadway, bluegrass, and swing jazz.

"It promises to be a really, really potentially interesting way to bring music and music discussion to the public," Survilla said. "We don't have many opportunities to explore these musics in terms of their depth."

The series also includes a live music component. Prior to the film screening and genre introduction musicians will perform music of the genre in focus.

The program is sponsored by the Tirbeca Film Institute, the National Endowment for the Humanities and the American Library Association. Westen, Survilla and Dr. Geoffrey Wilson, professor of music at Wartburg College, undertook a strenuous process to write the grant, ultimately allowing this program to be presented through the Vogel Library. The grant includes access and performance rights to the films, additional teaching materials and a stipend for other expenses.

Both Westen and Survilla stress the importance of participating in programs like this.

The Vogel Library is one of only 80 libraries in the United States, and one of two libraries in Iowa, to receive the grant to present this program.

For more information about the program and weekly locations of the screenings and discussions, visit http://library.wartburg.edu/americansmusic.aspx.

Student-run social media balances official pages

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Facebook and Twitter have become research tools. As much as we like to talk about how they're the dying social media, they're still useful for looking up name spellings, whether your love interest is in a relationship and reminding yourself when your roommate's birthday is.

Now, it's become a way for prospective students to research potential colleges. A recent Chronicle of Higher Education article said the number of prospective students using social media to learn about potential schools has increased significantly.

The Art & Science Group, a college and university consulting firm, published a student poll about social media use in the college search. Forty-four percent of prospective students surveyed in 2012 said they had used social media in their college search. That's a big jump from only 18 percent in 2008.

I never would have thought to look at Wartburg social media when I was considering schools. But the class of 2017 is a different story.

First-year Alex Thibodo said she "creeped on" social media sites like the official Wartburg College Twitter account and the student-run Wartburg College Compliments and Wartburg College Confessions Facebook pages.

"I think one of the most honest depictions of a college is through those student-made pages," Thibodo said. "You can go on tours and you can receive information from admissions counselors and everything, but they're not going to tell you the full scoop; you have to see what the student body is saying."

While the controversial confessions page might be an honest depiction of the college, it's not the most pristine. Vice President for Marketing and Communication Graham Garner said he sent the page administrator a Facebook message last March asking that they remove the page or offensive posts. Garner also asked that the name be changed to not include the full "Wartburg College."

As the school tries to engage prospective students with their own official social media, they're in a constant struggle to maintain the information that students produce under the Wartburg name.

Two first-years said they looked at Wartburg social media, like the Wartburg College Confessions Facebook page, to learn about the student body during their college search. — **Kristin Canning**/*TRUMPET*

A similar issue came up last spring when a secret admirers page was created. Posts soon got out of hand and Garner reached out to the administrator and asked that the page be removed, and it was.

There is a significant difference between the confessions page and the secret admirers page. On secret admirers, people were tagging their crushes' names and often listing the profane things they'd like to do to them. If these posts were found in a search by a potential employer, they could reflect negatively on the tagged person – someone that had nothing to do with the post. When the posts start to border on sexual harassment and put the tagged person in a negative light, it's time to shut it down.

As for the confessions page, names are almost never used. It's simply anonymous stories about what the student body is doing. It's just another research tool for prospective students, and entertainment for current ones.

"As a senior last year I did use those sites a lot to compare different types of student bodies. You can tell with each college, they have very different posts going on. The posts here were just more vulgar and blunt," Thibodo said. "With the confessions page, you got to find out all the dos and don'ts of campus really easily. That's really how you get to know the feel of the campus and the general feel of the student body."

Thibodo said she didn't take all the posts seriously, and that some of the drinking stories even turned her off. But, she said, the page helped her learn more about the school. First-year Kaitlyn Behnken had a similar experience when she started following the student-run Wartburg Problems Twitter account before coming to Wartburg.

"I thought it was funny and entertaining," Behnken said. "It was a little discouraging sometimes. Hearing about how the Mensa food gets old and people not looking forward to having no air conditioning in the freshmen dorms."

According to the Art & Science Group student poll, only half of the students who did use social media in their search process said the sites had influenced their college application decisions.

Even if the college doesn't want potential students to hear current students' complaints, social media is one of the easiest ways for us to voice our concerns about the college. It's a way to make the administration aware of problems and even unite students that are going through the same things.

And the college isn't taking a back seat. They've amped up their social media presence over the last few years, even reaching out to prospective students through Facebook messages, creating hashtag campaigns for giveaways during Iowa Private College Week and starting an Instagram. Assistant Vice President for Admissions Todd Coleman said one student told him he found out about Wartburg through a Facebook advertisement.

It's clear the social media college search is here to stay. It isn't anything the college needs to worry about.

We don't have a VodkaSamm on our hands, just some anonymous party stories that likely include the exaggerations of some pretty good kids. It didn't scare Thibodo or Behnken off.

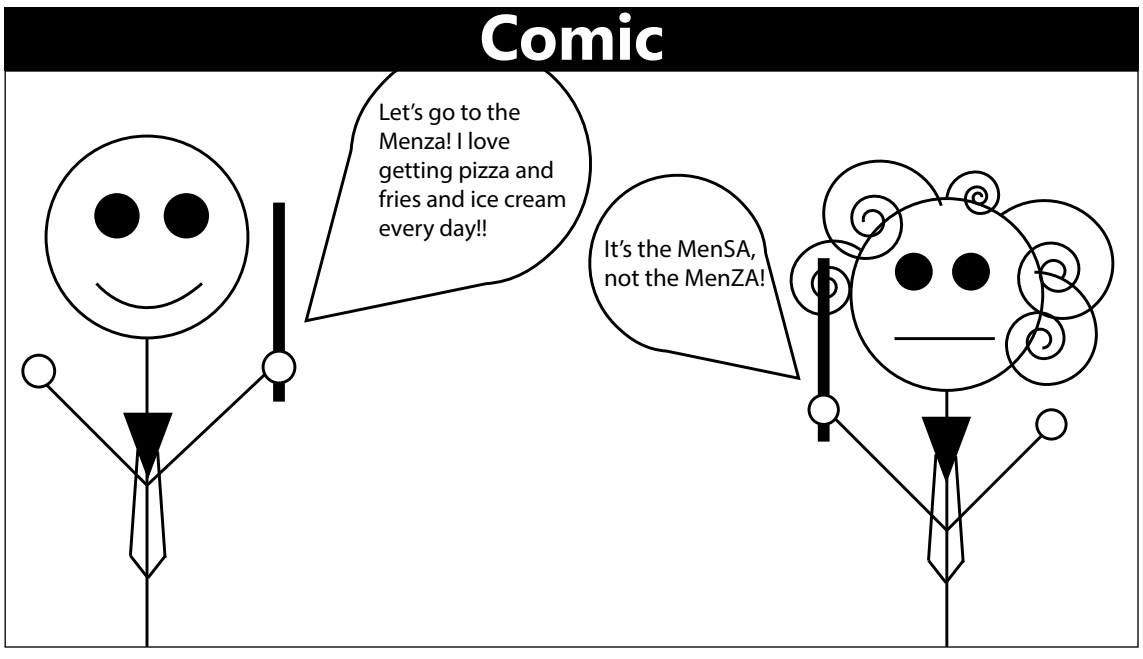
Choice Tweets

@WartburgProbz edition

- Girls in oversized sweatshirts with their feet through the arm holes running around campus like chickens #WartburgProbz
- Wartburg High School
- It smells like a skunk walked into Clinton, sprayed his little nasty spray, and walked out... #ClintonProbs
- Just took me 4 hours to finish 1 stats assignment #HateMyLife
- Freshmen in the library be like "How am I supposed to balance all this lifetime wellness and oral comm. homework AND sleep at night?"
- Internet is pretty fast....
- My English professor is a die hard liberal and my math professor is confused.
- For 6 hours of community service a month and what I pay, I should get to take a warm shower every day #WartburgProbz

Choice Words is dedicated to the (truthful?) expression of the students, faculty, staff and alumni of Wartburg College. Want to share your thoughts, observations or wisdom? Serious or delirious, it's time that you're heard! Tweet #choicewords at @wartburgtrumpet to see your thoughts here! The Trumpet reserves the right to censor inappropriate and libelous comments.

Comic



— **Ta'Mone Williams**/*TRUMPET*

Trumpet

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 250 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the communication arts office or emailed to wartburgtrumpet@gmail.com. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Home Free performance a hit

ETK brings new artists to campus to add to the 'Pitch Perfect' a capella craze

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An all men a cappella group, Home Free, filled Neumann Auditorium with jokes, laughter and music on Thursday night.

ETK discovered Home Free at the National Association for Campus Activities in St. Paul, Minn.

"We all looked at each other and then we just kind of knew that we needed to bring them to campus," said Director of Campus Programming Ashley Lang.

"Pitch Perfect," a recently released movie filled with funny sayings and good songs has young people all over talking about a cappella music.

"If they're having a good time, we're having a good time."

—Chris Rupp, Home Free

"Pitch Perfect" played a slight role in bringing Home Free to Wartburg, Lang said.

"We recreate that entire band sound using just our voices so that alone makes us very, very different from any other group," Home Free member Chris Rupp said.

The group, named after their founder's grandfather's boat, sings a variety of music.

Whether they're singing oldies, country or rock-and-roll covers, the five-man-band of four vocalists and one beat boxer makes music with only one instrument: their mouths.

Home Free began 13 years ago.

"My brother and I started the group when I was a junior in college and it's been slowly gaining steam over the years; getting bigger and bigger and bigger," Rupp said.

"And now this is our full time job."

Home Free doesn't just sing to the audience, they perform.

Kaitlyn Ketelsen said she decided to attend the concert because a few of her friends had already heard them perform and really liked it.

She also said she thought ETK did a good job of promoting the event and that sparked her interest.

"If we're having a good time, they're having a good time. If they're having a good time, we're having a good time," Rupp said.

"We like to break down the fourth wall right away so the audience feels like they're just with us, then we get to show them what we do. They walk out of here thinking those were two hours well spent."

Students were asked to rate how they liked the event as they exited Neumann Auditorium.

Ratings were on a one to four scale, with one being the lowest.

"I rated the event a four," Ketelsen said. "The guys on stage were funny and seemed to be having a good time, which helps the audience to have a good time."

A concert is more than just the songs, it's the whole performance, Ketelsen said.

There will be several more ETK sponsored events happening throughout the year, including"The Price is Right," Bingo Night and Dueling Pianos, a returning act from last year.

Admission is always free for students except for Dollar MovieKnight and Large Event.

ETK 's goal is to continue engaging students on campus with many different events throughout the year, Lang said.

Home Free member Chris Rupp (far right) sang a solo during ETK's a cappella event Thursday, Sept. 12, while the other members of the group sang instrumentals with their mouths. — **Ashley Davis***/TRUMPET*

Campus provides opportunity to carve deeper into faith

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The Way of Jesus campus ministry group begins their second-year of student faith development with hopes for even more participation, campus pastor Brian Beckstrom said.

The club's goal is to provide students and faculty members with an opportunity to carve deeper into their faith, he said.

It is also a way to help put faith into practice, Beckstrom said.

Although the group is called The Way of Jesus, students from any faith background are encouraged to attend.

"Anyone who is interested in learning more about the Christian faith and about how it is lived out is welcome to join," Beckstrom said.

Angela Zook joined the group last year after growing up in the Catholic Church.

"I wanted to make sure I kept my faith alive and even though this is not a Catholic college, I still think Jesus is a Christian," Zook said. "He is not just one specific religion, he is all."

The Way of Jesus group emphasizes keeping an open mind when talking about other people's views from different religious backgrounds.

Together, students and faculty members from different faiths have the opportunity to learn how to live more like Jesus, he said.

This class also teaches how to put into action the principles that he stood for.

The Way of Jesus group is an opportunity for people who may be new to the Christian faith or who may be questioning their beliefs to have the ability to talk with other students and faculty members about their questions, Beckstrom said.

"One of the things we find out with college students is that they may not be sure of what they believe in, in terms of all of their beliefs," Beckstrom said.

"But very few people look at Jesus and say 'I don't think that's a life I want to live.'"

Unlike traditional Sunday school bible studies, the atmosphere in The Way of Jesus group is very laid back, welcoming and fun, Zook said.

Most of their meetings start with ice breaker games to get to know each of the members.

The people that go through the process become mentors and stand as a support system for people in coming years.

At the end of the process, students and faculty are invited to affirm their faith by being baptized.

Last year, former Wartburg student Kevin Schneider was baptized after affirming his faith.

Every Wednesday evening from 7:30 p.m. to 8:30 p.m. the group meets in the Chapel Commons.

"It's nice to get away from homework and just spend time with Pastor Ramona or Pastor Brian who are absolutely amazing,"Zook said. "It's a night of Jesus."

Pastor Brian Beckstrom (far left) initiates conversation on finding purpose in life at the Way of Jesus to students and faculty attending on Wednesday, Sept. 11. — **Karina Devine***/TRUMPET*

Transformation inside and out

Students participate in classes at 'The W' to learn lifelong fitness skills

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With a new academic school year beginning so are workout classes at the Wartburg Sports and Wellness Center.

Students can sign up for workout classes at the front desk in "The W," located on the first floor by the fitness area.

Classes are $7 for a month and $20 for four months of unlimited classes, assistant director for personal training and massage therapy Beth Green said.

"We made it cheap for students so that they could come and workout because that's just important. Being in college, getting your stress out, you know, having an outlet to do that with and being in a class," Green said.

A multi-year study by researchers at Tufts University looked at students and how their exercising habits affected other areas of their lives.

The study found that students who said they exercised at least three days a week were more likely to report a better state of physical health and greater happiness than those who didn't exercise.

"I am more motivated to work harder, not only for myself but to push the person next to me to work harder, so their efforts push me."

— Katie Reinhardt

Although exercising may be beneficial, it may not be easy to find the right times to squeeze in a workout while in school.

"The W" offers classes at a variety of times throughout the day.

"I wanted to sign up for a more structured workout and set time," Katie Reinhardt, a third-year student, said.

Classes for students begin as early as 6 a.m. and run as late as 9 p.m. A lot of students come to the later classes, mostly classes beginning at 4:45 p.m. and on, Green said.

Those who feel they lack the motivation to exercise on their own may find more success in taking a class.

Green said classes are better because you have leadership and you can come with your friends.

"I am more motivated to work harder, not only for myself but to push the person next to me to work harder, so their efforts push me," said Reinhardt.

One of the more unique classes that "The W'" offers to workout-seeking students is Operation Transformation.

Fitness Trainer Ben Weber watches his work out class perform the correct form during Operation Transformation. Twenty-two people signed up for the functional fitness class . — **Ali Schuetz**/*TRUMPET*

This is an 11-week course about transforming not only your physical being, but also your thoughts towards exercise and food, Green said.

"It's functional fitness and so it's a little bit different than maybe most people have learned, but we do that because we are teaching people how to exercise correctly and have correct form," Green said.

"So if you don't really know how to exercise, and you don't really think that you can do it on your own, or you don't want to hire a trainer, you can come to that class and learn how to do that."

Operation Transformation begins with a pre-week session, which serves as an education week.

The forms of the exercises are taught, so that students will be ready for the exercises when the program starts.

Education about food and drinking adequate amounts of water are also introduced, and students' measurements and fitness are tested so a baseline can be set at the beginning, Green said.

"Operation Transformation improved my thoughts on living a healthier lifestyle and the motivation to work out more," Reinhardt said. "I also got more toned, not necessarily lost weight but in inches."

Other classes offered at "The W" include combo tone, kickboxing, power yoga and abs-n-more.

Sessions are September to December, January to April and May to August.

Cedar Rapids art teacher displays work at Wartburg

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A new exhibit featuring selected works of contemporary artist Karen Kurka Jensen is on display in the Waldemar A. Schmidt Gallery, located in Wartburg's Fine Arts Center.

The exhibit, "From the Heart: Gifts of the Spirit," opened on Sept. 6.

For Jensen, an art teacher in Cedar Rapids, her work is an expression of emotional attachment to the world in which she lives.

Kamryn Kronschnabel inspects a painting done using bamboo brushes in the sumi-e art style. —**Jessica Grant**/*TRUMPET*

"I paint life within and life without," Jensen said.

"I paint from my own soul so my work reflects my own life experiences and perceptions."

The gallery features nearly 30 of Jensen's paintings. Jensen described them as "sumi-e."

This art form is recognized for its use of handmade Asian paper, bamboo brushes and sumi-e ink.

Jensen first discovered this specific medium almost 25 years ago.

However, she said that by age 8 she knew she wanted to become an artist. She has carried that desire ever since then, she said.

She describes it as an accident that she stumbled across the sumi-e art form.

"I started talking with some sumi-e artists and was stopped in my path by the beauty," she said. "The first time I touched my brush to paper, I knew that this was what I wanted to do with my life."

Second-year student Kamryn Kronschnabel looked at the exhibit and found the art very interesting.

"The style leaves of lot of the interpretation up to the imagination," Kronschnabel said.

"It sort of leaves the viewer to put the pieces into place. There is substance that is very wonderful. You can almost grasp it, but can't quite."

Sumi-e painting is historically known for its deep use of emotions. Many artists try to capture the spirit of what they see in their paintings.

"I see miracles in the world every single day. I look up in the sky and feel grass beneath my feet. I try to express the feeling of awe I have when I experience these things," Jensen said.

Kronschnabel said the exhibit was more ideas instead of pictures.

Jensen said that she always feels very connected with her work.

"I want people to see my work visually and also get in the depths of it," she said.

"I strive to make people wonder about the world in which we live, walk and breathe."

"From the Heart: Gifts of the Spirit" is on display through Oct. 23 and is free to the public.

Gallery hours are 9 a.m.- 7 p.m. daily or by appointment.

A reception was held on Sept. 13 where Jensen met with those who came to see her work.

To see more of Jensen's work, visit http://www.karenkurkajensen.com.

Miller thrilled with Olympic decision

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There was a sigh of relief from the Wartburg wrestling community Sunday, Sept. 8, when the International Olympic Committee voted to include wrestling in the Olympics, former Wartburg head wrestling coach Jim Miller said.

Emotions were high for Miller as he eagerly waited to find out if the sport he has loved his entire life was going to be added back into the 2020 and 2024 Olympic games.

"I felt like I had a big final match coming up, I wasn't confident until I heard," Miller said.

Upon hearing the decision, the Wartburg wrestling community was given new life.

"I have no intentions of actually competing in the Olympics, but just for the fact that it's back, gives us some inspiration and hope," junior wrestler Braxton Chiccelly said.

Other sports competing with wrestling were baseball/softball and squash. Wrestling received 49 votes, baseball/softball 24 and squash 22.

Kyle Klingman, director of the Dan Gable Museum in Waterloo, credits everyone's effort to the votes wrestling received.

"We have done an unbelievable job of making sure we made wrestling an international sport, we absolutely put it out there," Klingman said.

The wrestling community was able to keep people aware through Twitter, Facebook, websites and televising wrestling internationally, Klingman said.

Ever since the International Olympic Committee decided to exclude wrestling from the Olympics, Miller has been fully engaged in bringing wrestling back.

Miller was able to team up with the Dan Gable Museum.

The museum has been very active and has done a good job advocating for the sport, Miller said.

From left: Former Wartburg wrestling head coach Jim Miller, current assistant coach Chris Ortner and head coach Eric Keller watch one of their wrestlers compete. — **File Photo**

Klingman was very pleased with the effort to bring wrestling back to the Olympics, but knows this is not the end.

Although wrestling has been added back into the Olympics, more work is needed to ensure that wrestling is a part of the 25 core sports in the Olympics.

"As of now, wrestling is guaranteed to be in the Olympics until 2024, but beyond that is a question mark," Klingman said.

In order to ensure that wrestling remains in the Olympics, the International Federation of Associated Wrestling Styles (FILA) has to keep pushing forward by keeping people aware and interested, Klingman said.

Miller believes the next step to making sure wrestling is a core sport is to use this momentum to keep going; there is no time to stop and relax.

"We need to get back to being a core sport," Miller said. "It's not even an option."

Volleyball goes 3-1 at Oshkosh

MATT GRUEMMER *STAFF WRITER*
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Wartburg (6-6) rebounded from a difficult tournament at Augsburg a week ago by earning three victories at the UW-Oshkosh Invitational Friday and Saturday.

The Knights, ranked 22nd nationally, swept Ripon (5-3) in their opening match Friday, 25-18, 25-22 and 25-10. Maddie Forsyth and Bailey Wilson led the way for the Knights with 10 kills a piece.

Senior Ramey Sieck also contributed with six service aces and 33 assists in the match,

Wartburg fell in the nightcap Friday to UW-Stevens Point. The Knights won the opening two sets 25-22, 25-15, but the Pointers (9-3) stormed back with three sets of their own 25-18, 25-16 and 15-13 to down the Knights in the five-set match.

Seniors Forsyth and Kelly Nieman led Wartburg in kills with 16 and 13 respectively. Sieck helped her team with 20 assists while Marissa Shinestine aided in the backcourt with 19 digs.

The Knights volleyball team continued play Saturday morning against St. Norbert with a straight-set victory, 25-12, 25-20, 25-20.

In their final match of the tourney, Wartburg defeated North Central 25-14, 25-14, 25-8 in sweeping fashion.

Full box scores were not available for Saturday's matches. Wilson and Sieck were named to the all-tournament team.

The Knights open up Iowa Conference play against Central on Tuesday, also their home opener, at 7:30 p.m. in Levick Arena.

Listen to all of Wartburg's home volleyball matches and IIAC away matches on 89.9 KWAR.

'MKJ' make up talented Wartburg back line

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When most people talk about sports, they talk about offense, but in volleyball it's the defense that powers the offense.

Twenty-second ranked Wartburg returned all three of their defensive starters from last season, a core group called MKJ.

Wartburg's backcourt, or MKJ, is the driving force for the Knights.

"MKJ is the first letter of our first names, so it's the easiest way for the coaches to get all of our attention at the same time," Jamie Farley said.

Farley, a sophomore from Cedar Falls is the youngest of the three. The K stands for Karly Bown, a junior from Lincoln, Neb. Last but not least is Marissa Shinstine, a senior from Tripoli, Iowa.

"Marissa is a senior, so I would consider her the leader," Bown said and Farley agreed.

Shinstine had something different to say.

"I think we all play very important roles in the back row," Shinstine said.

MKJ work together to guard the backcourt for the Knights, a hard task that includes defending against spikes from opponents. All three said they need to stay low and read the ball as best as they can.

Bown said to be a successful team you need a good backcourt.

"If you don't play good defense and you can't get the ball up to the setter there is absolutely no offense," Bown said. "The defense is what gets the offense going."

The three are good friends off the court, making their bond even stronger, Bown said. Hanging out a lot makes playing together even easier.

"I really think it does," added Farley, "because we just have that stronger relationship and we all have the same goals as well as the same wants and needs outside of practice."

From left: Karly Bown, Marissa Shinstine and Jamie Farley in action against Dubuque in Levick Arena last season. — **File Photo**

All three have played volleyball together for a full year, making this year even easier to play with one another.

"We know how each other works," added Farley, "and it just helps knowing like 'oh Karly will get there or Marissa's gonna get that ball.' We just know each other is going to get there."

Last year's team finished 32-6 and were 7-0 in the Iowa Conference. They won the regular season and tournament titles in the IIAC to earn an automatic bid to the NCAA Tournament.

The Knights are off to a 6-6 start this year but four of those losses are to ranked teams. The goal is to improve on last season's success.

"I expect our team to win a national championship," Shinstine said. "That's our goal. We're gonna win a conference championship first, hopefully win regionals and then win a national championship."

Athletic teams put focus in classroom with GPA goals

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The Wartburg women's soccer team has been setting the standard for student-athletes by creating cumulative grade point average goals for over 10 years.

This year, the women's soccer team's goal is an cumulative grade point average of 3.4.

"They take a ton of pride in the classroom, they know that their education comes first and they work very, very hard in making sure they achieve it," women's soccer head coach Tiffany Pins said.

Women's soccer players celebrate after a 2OT victory over UW-La Crosse on Wednesday. Go to wartburgcircuit.org to read the story, view photos and watch the highlights. — **Nathan Ford**/*TRUMPET*

"We have a very wide range of students and as long as they do their best work that is all that we ask for."

The team's goal the last couple years was 3.3 and last year they earned a 3.46, so this year they raised the goal to 3.4, according to senior midfielder Taylor Shaw said.

"I think they are a very self-determined group and they're driven by these goals and just the disappointment of failing is punishment enough to be honest with you," Pins said.

"They really feel strongly about how they do in the classroom so I know if they didn't reach it, just failing would be punishment enough."

The women's soccer players are always there to help each other be successful on and off the field. Since there are typically upperclassmen who have taken the same class as another player, they do their best to help them, Shaw said.

She said social life, sports and academics is important to balance while in college.

"There has been some data over the years as we've checked this at various times over the year where it actually shows that our student-athletes' GPA are at least as high if not higher than the general student body," Wartburg athletic director and head football coach Rick Willis said.

The Wartburg men's soccer team has also set a team GPA goal of at least 3.2, which they have had for the past three seasons, head coach Kirk Artist said in an email. Artist declined to comment further.

The football team requires all first-year players to attend study tables their first semester for a couple nights a week to make sure they players are getting off to a good start academically, Willis said.

When asked about keys to being successful at balancing athletics and academics, Pins, Shaw and Willis all mentioned the importance of good time management skills.

OUT OF REACH

Knights fall to No. 8 Bethel for third straight time in series

Bethel running back Brandon Marquardt eludes Wartburg defenders as he sprints into the endzone for his second touchdown of the day. The TD plus Nathaniel Van Loon's extra point gave the Royals a 30-0 lead at Royal Stadium on Saturday. — **Nathan Ford***/TRUMPET*

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The term "moral victory" was tossed around by Wartburg players at Royal Stadium on Saturday after No. 8 Bethel's 30-17 victory over the Knights.

The Knights scored 17 unanswered points in the final 16 minutes of the game, but it was far too late after the Royals led 30-0 at one point in the third.

Still, Wartburg felt like they had some positives come out of their third straight defeat to Bethel.

"I don't necessarily believe in moral victories," safety Jared Wauters said. "But us being able to get a couple turnovers and be able to stop them in the fourth quarter I think is definitely a sign of good things to come."

"It's just, I don't know, it's just kind of a rough day."
—QB Logan Schrader

Maybe. But the Royals showed everyone in the first three quarters of their season opener why they're ranked in the top 10 in the nation.

Josh Treimer picked off three passes in the first half and returned one back for a touchdown just before the break that put Bethel ahead 16-0.

"That was a huge momentum play going into the half," head coach Rick Willis said.

Treimer intercepted starter Logan Schrader twice and had the 29-yard pick six off backup Taylor Jacobsmeier. His interceptions led to 10 Royal points plus stopped a Wartburg drive at the Bethel 35 late in the first half.

"That stuff can't happen," Schrader said. "It's just, I don't know, it's just kind of a rough day."

"You gotta have your quarterbacks and receivers on the same page," Willis said. "Sometimes it looks like maybe the quarterback threw an interception, well maybe the receiver wasn't where the quarterback expected him to be or where he needed to be. It's a coordinated deal and that comes with repetition."

Jacobsmeier entered the game early in the second quarter and the two rotated throughout much of the rest of the game before Schrader threw two TD passes after two Bethel fumbles in the fourth quarter. It's the second straight week both have received significant playing time.

Schrader was 16-of-30 passing for 167 yards, two touchdowns and two interceptions and rushed for 19 yards while Jacobsmeier completed six of nine passes for 31 yards and a interception while running for 50 yards, including a 47-yard scamper late in the third.

Willis did not say when or if he plans to make a decision on a full-time quarterback.

"We'll continue to evaluate it," Willis said. "Certainly they both do some really good things and it's certainly something we're going to continue to look at and figure out the best way to use both their talents."

Schrader said he hopes the decision comes soon.

"I know both of us probably don't like the whole rotation but that's just what you gotta do," Schrader said. "You gotta suck it up and until they name a starter that's how it's gonna be."

Bethel's QB situation, meanwhile, is firm as Erik Peterson completed 25-of-36 passes for 311 yards, helping set up three Royal touchdown runs.

Bethel's offense outgained Wartburg 430-314 but the Knights defense held at times.

Nathaniel Van Loon's 22-yard field goal was blocked on the Royal's first drive of the game and they had to settle for a 29-yard field goal and a 3-0 lead after driving to the 10 on their second possession.

Then the Royals pulled away with 27 points in the middle two quarters, including two Brandon Marquardt TD runs, the second of which gave Bethel its biggest lead of the game at 30-0 before Michael Bohlke's field goal with 2:10 left in the third. Marquardt finished with 109 yards on the ground.

"A lot of the things that happened out there we had schemed up," Wauters said. "It was just a lot of guys, including myself, missed a couple tackles here and there. They're a good team but a lot of that was on us. I think that we have a lot of things to get better at."

The Knights punted on 4th-and-1 at their own 34 to begin the second half, 4th-and-8 at the Bethel 49 to begin the fourth and attempted field goals twice in the redzone in the second half.

ONLINE:
-More than 40 photos
-Video highlights
-Video interviews
-Other IIAC recaps
wartburgcircuit.org

Asked why he didn't take a chance by going for it with the Knights trailing by multiple touchdowns, Willis said he didn't want to give Bethel a short field.

"You can't panic," Willis said. "You're behind but you can't panic. If you panic, then all of a sudden the thing gets out of hand."

After the punt to open the second half, the Royals drove 71 yards capped by Jesse Phenow's TD run on fourth-and goal from the one that gave the Royals a 23-0 lead.

"We need to do a better job coming out of halftime," Willis said.

"If we play more like we did in the middle of the third quarter and end of the game, coming right out of the half, we maybe could put some pressure on them."

Schrader tossed touchdown passes of 32 and 12 yards to Donald Miller and Brandon Steggall in the fourth to make the score respectable a year after failing to score in a 21-point loss to the Royals in Waverly.

"There's no really moral victories in a loss but we didn't give up," Schrader said. "We kept going until the very end of the game."

WEEKLY SCHEDULE
Tuesday
Volleyball vs. Central (7:30 p.m.)
Wednesday
W Tennis @ Coe (3:30 p.m.)
W Soccer vs. UW-EC (4 p.m.)
Friday
W Golf @ Luther Invite
Saturday
M Golf @ Dubuque Invite
M Tennis @ IIAC Individuals
W Golf @ Luther Invite
W Tennis @ ITA Regionals
XC @ Greeno Invite (Neb.)
Football vs. Carthage (1 p.m.)
M Soccer vs. Carthage (2 p.m.)
Sunday
M Golf @ Dubuque Invite
M Tennis @ IIAC Individuals
W Soccer @ Carleton (2 p.m.)

XC TAKES FIRST, SECOND
Four Wartburg women's runners finished in the top five at the Les Duke Invitational in Grinnell Saturday to lead the second-ranked Knights to a dominating victory.

Sammi Bruett (22:03) led the pack, followed by defending IIAC champion Alana Enabnit (22:40) and Serena Goetzl (23:01). Erin Sawyers (23:04) was fifth and Haddie Vawter finished eighth in a time of 23:12 to complete the team scoring.

The Knights scored 19 points, 57 better than runner-up Cornell.

Wartburg's men, ranked No. 5 in the Central Region, came up six points short of No. 10 Carleton in Grinnell.

Sam Read (sixth, 25:23), Chase Moser (eighth, 25:33) and Bennett Moser (ninth, 25:35) were Wartburg's top finishers.

NEW SCOREBOARD

Walston-Hoover Stadium's new scoreboard took shape Friday and is ready for the football team's home opener against Carthage on Saturday. See more photos on The Circuit.

WOMEN'S TENNIS GOES 2-0
Wartburg's women's tennis team defeated Dubuque and St. Ambrose last week.

In the Dubuque match Thursday, senior Berit Seeberg won her first match in the top six on senior night. Read the full story at wartburgcircuit.org.

SOCCER TEAMS FALL IN WIS.
No. 14 UW-Oshkosh scored with 1:30 remaining in double overtime to defeat the men's team 2-1 Sunday, a day after the Knights (3-2-2) lost 2-1 in OT to UW-Whitewater.

The women (2-4-1) fell 1-0 in overtime Saturday to UW-W and 1-0 Sunday to UW-O.

GOLF IN MINNESOTA
The women placed fifth at the Midwest Classic and the men took 10th at St. John's. Go to wartburgcircuit.org for full results.